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Volume of Sunshine

'TIS the songs you sing and the smiles you wear that make the sunshine everywhere

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A VOLUME OF
SUNSHINE

Mason, James Frederick

A Volume of Sunshine

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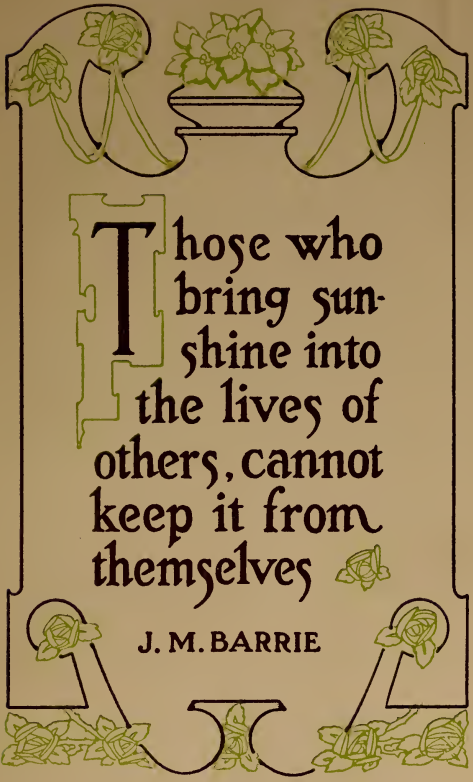
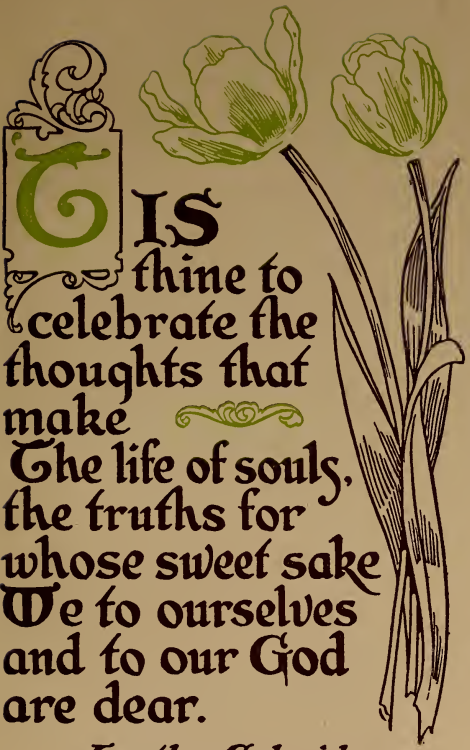

Those who bring sunshine into the lives of others, cannot keep it from themselves
J. M. BARRIE

BLESSED
are the
Happiness
Makers
Blessed are they
who know how
to shine on one's
gloom with their
cheer

Henry Ward Beecher

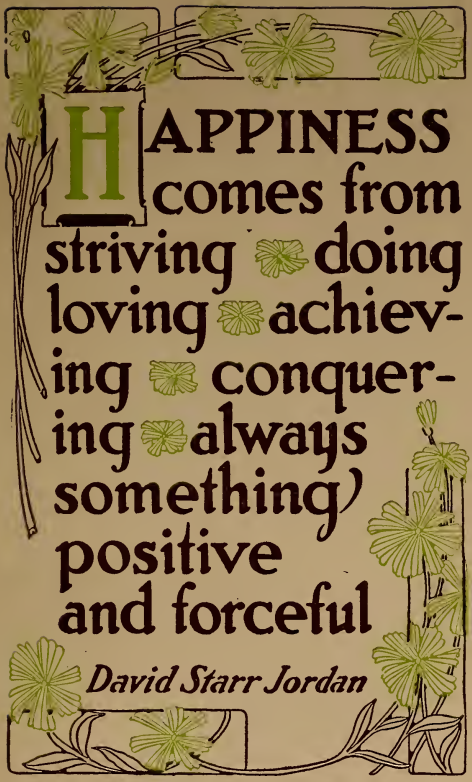
KIND words do not cost much. They never blister the tongue or lips. We never heard of any mental trouble arising from this quarter. Though they do not cost much, yet they accomplish much. They make other people good-natured. They also produce their own image on men's souls and a beautiful image it is.

Blaise Pascal



'Tis thine to celebrate the thoughts that make
The life of souls, the truths for whose sweet sake
We to ourselves and to our God are dear.

Hartley Coleridge


HAPPINESS
comes from
striving doing
loving achiev-
ing conquer-
ing always
something
positive
and forceful
David Starr Jordan

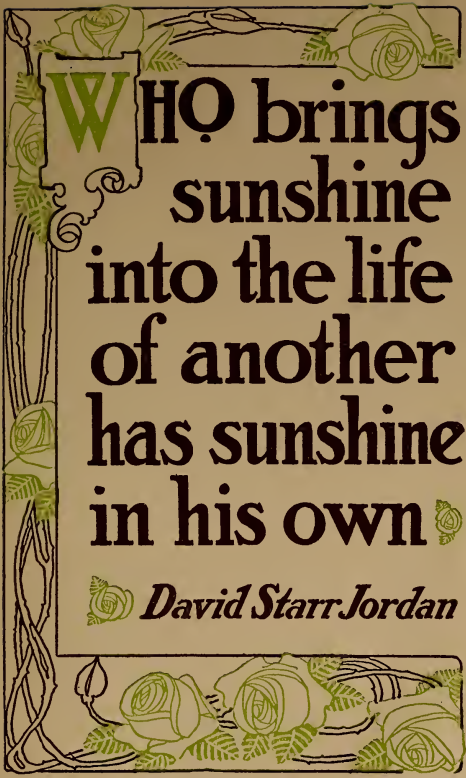
Grow Old With Me

Grow old along with
me.
The best is yet to be,
The last of life for
which the first was
made;
Our times are in His
hand
Who saith, "A whole I
planned,
Youth shows but half;
trust God; see all,
nor be afraid."

Robert Browning

If I can live
To make some pale face brighter, and to give
A second luster to some tear-dimmed eye,
Or e'er impart,
One throb of comfort to an aching heart,
Or cheer some wayworn soul in passing by;
If I can lend
A strong hand to the fallen or defend
The right against a single envious strain,
My life, though bare,
Perhaps of much that seemeth dear and fair
To us of earth, will not have been in vain.
The purest joy,
Most near to heaven, far from earth's alloy,
Is bidding cloud give way to sun and shine;
And 'twill be well,
If on that day of days the angels tell
Of me, she did her best for one of Thine.

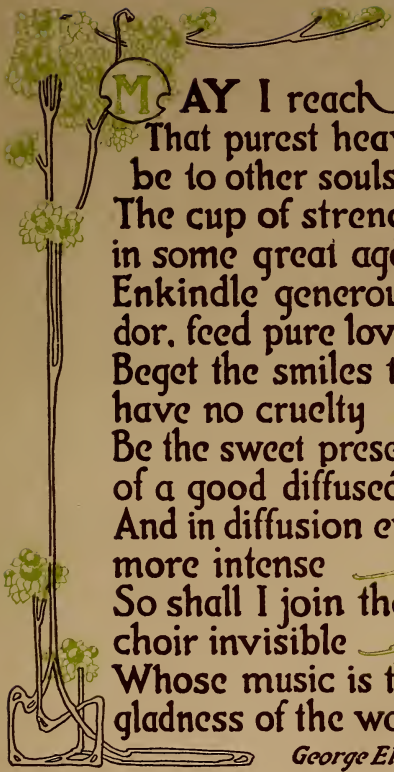
"To widen your life without deepening it is only to weaken it"


WHO brings sunshine into the life of another has sunshine in his own
David Starr Jordan

WELCOME
smiles
on faces sad
As the flowers
of spring;
Let the
tender hearts
be glad
With the
joy they
bring

John Greenleaf Whittier

O FRIEND, your face I cannot see,
Your voice I cannot hear
But for us both breaks at our feet
The flood-tide of the year
The summer-tide all beautiful
With fragrance and with song
Sung by the happy-hearted birds
To cheer the months along



MAY I reach
That purest heaven,
be to other souls
The cup of strength
in some great agony
Enkindle generous ardor, feed pure love
Beget the smiles that
have no cruelty
Be the sweet presence
of a good diffused
And in diffusion even
more intense
So shall I join the
choir invisible
Whose music is the
gladness of the world

George Eliot

OUR DAYS
ARE BETTER
LIGHTED BY
LOVING SMILES
THAN BY SUN
LEIGH MITCHELL HODGES

UP and be DOING," is the word that comes from God for each of us Leave some "good work" behind you that shall not be wholly lost when you have passed away. DO something worth living for, worth dying for Is there no want, no suffering, no sorrow that you can relieve? Is there no act of tardy justice no deed of cheerful kindness no long-forgotten duty that you can perform? If there be any such deed in God's name, in Christ's name, go and do it

Arthur Penrhyn Stanley

THE kiss of
the Sun for
pardon
The song of
the Birds for
mirth
One is nearer
God's heart
in a garden
Than any
place else on
earth

THE SILVER LINING

THE INNER SIDE
OF EVERY CLOUD
IS EVER BRIGHT
AND SHINING;
I THEREFORE TURN
MY CLOUDS ABOUT,
AND ALWAYS WEAR
THEM INSIDE OUT,
TO SHOW THE SIL-
VER LINING.

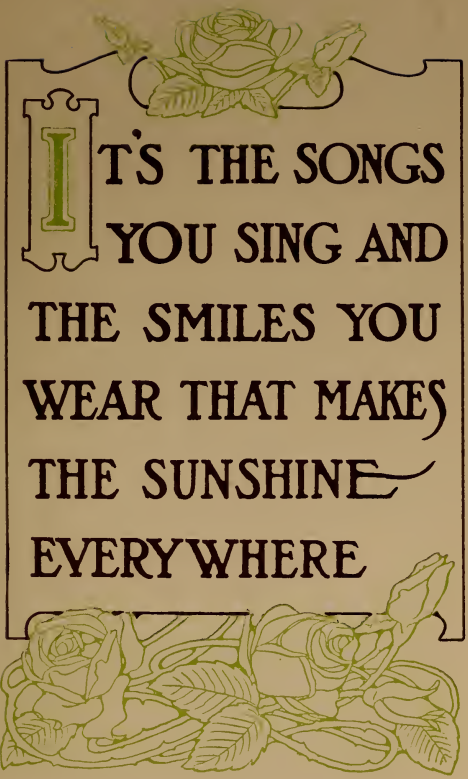
THERE are
nettles
everywhere,
But smooth
green grasses
are more
common still;
The blue of
heaven is
larger than
the cloud
ELIZABETH BARRETT BROWNING

Do the work
that's nearest,
Though its dull
at whiles
Helping, when we
meet them
Lame dogs over
stiles
See in every
hedgerow
Marks of angel's
feet
Epics in every
pebble
Underneath our
feet

SING a song of seasons
Something bright in all
Flowers in the summer
Fires in the fall
R.L.Stevenson

A man's true wealth is the good he does in this world. When he dies, mortals will ask, What property has he left behind him? but angels will inquire, What good deeds hast thou sent before thee?

Mahomet


IT'S THE SONGS
YOU SING AND
THE SMILES YOU
WEAR THAT MAKES
THE SUNSHINE
EVERYWHERE

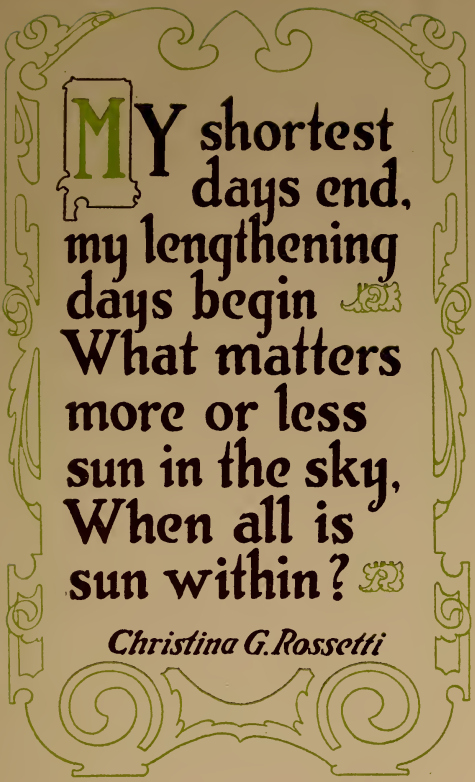
WHAT shall I
do to gain
eternal life?
Discharge aright
The simple dues
with which each
day is rife?
Yea, with thy might.
Eer perfect scheme
of action thou devise,
Will life he fled;
While he who ever
acts as conscience
cries
Shall live,
though dead

Schiller

The question for each man to settle is not what he would do if he had means & time & influence and educational advantages & but what he will do with the things he has

& Hamilton Wright Mabie

DO not look for
wrong and evil-
You will find
them if you do
As you measure for
your neighbour
He will measure
back to you
Look for goodness,
look for gladness –
You will meet them
all the while
If you bring a smil-
ing visage
To the glass, you
meet a smile


MY shortest
days end,
my lengthening
days begin
What matters
more or less
sun in the sky,
When all is
sun within?
Christina G. Rossetti

FOR the heart grows rich in giving all its wealth is living grain Seeds which mildew in the garner scatter'd fill with gold the plain

IS thy burden hard and heavy do thy steps drag wearily? Help to bear thy brother's burden God will bear both it and thee

DROPS
of dew
refresh
the faded
flowers
so do kind
words cheer
the aching
heart

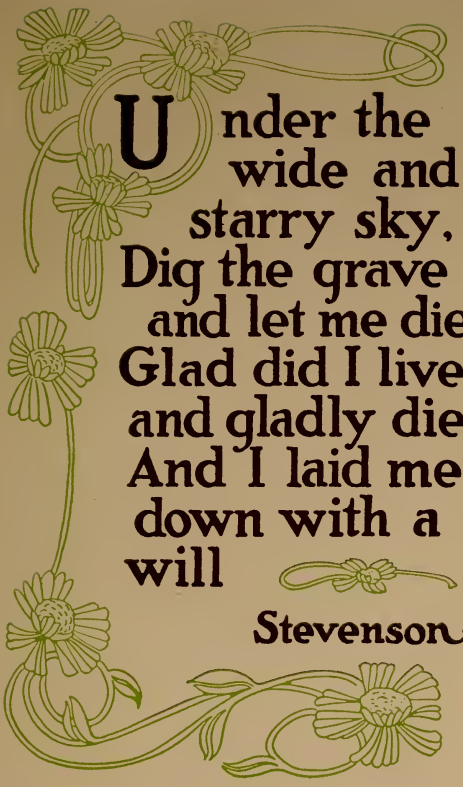
Wesley's Rule

Do all the good
you can,
By all the means
you can,
In all the ways
you can,
In all the places
you can,
At all the times
you can,
To all the people
you can,
As long as ever
you can.

HE that is down
needs fear no fall,
He that is low no
pride
He that is humble
ever shall
Have God to be
his guide

I am content
with what I have
Little be it or~
much
And, Lord, content-
ment still I crave
Because Thou
savest such

HEN hide it not, the music of thy soul Dear sympathy expressed with kindly voice But let it like a shining river roll To deserts dry—to hearts that would rejoice. Oh, let the symphony of kindly words Sound for the poor, the friendless, and the weak And He will bless you. He who struck the cords Will strike another when in turn you seek.


Under the
wide and
starry sky,
Dig the grave
and let me die.
Glad did I live
and gladly die,
And I laid me
down with a
will
Stevenson

THE world would be better and brighter if people were taught the duty of being happy as well as the happiness of doing their duty ¶ To be happy ourselves is a most effectual contribution to the happiness of others

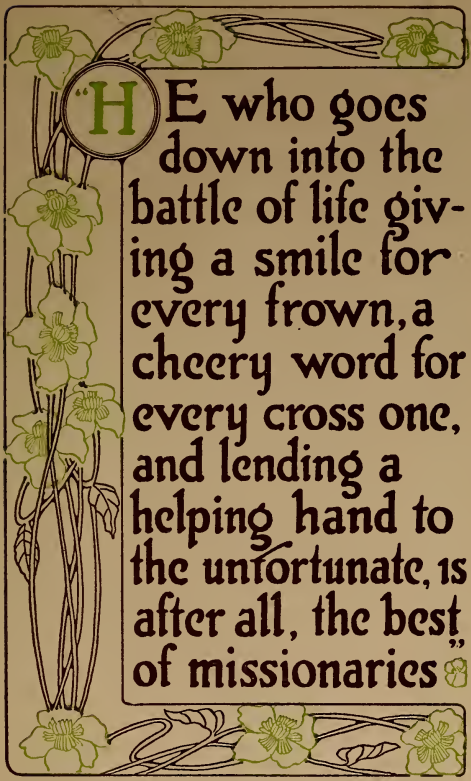
Sir John Lubbock

SPEAK thou the
truth. Let others
fence
And trim their
words for pay;
In pleasant sunshine
of pretence
Let others bask
their day

Guard thou the fact:
though clouds
of night
Down on thy watch-
tower stoop
Though thou shouldst
see thine heart's
delight
Borne from thee
by their swoop

Take time to speak
a loving word
Where loving words
are seldom heard;
And it will linger in
the mind,
And gather others of
its kind,

Till loving words will
echo where
Erstwhile the heart
was poor and bare;
And somewhere on thy
heavenward track
Their music will come
echoing back.

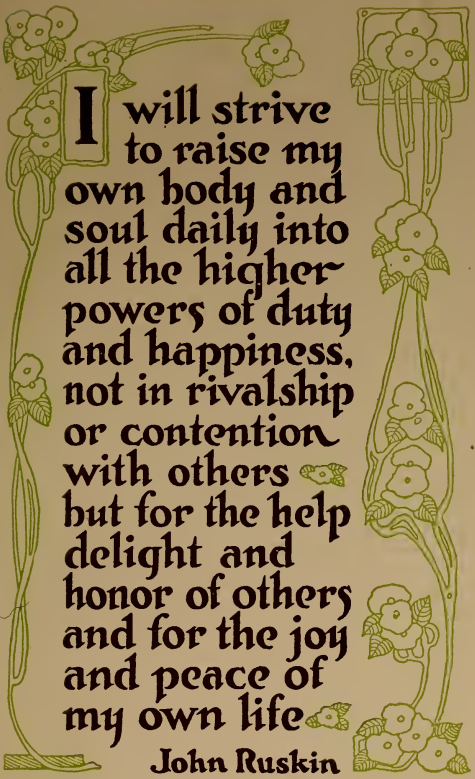

"HE who goes
down into the
battle of life giv-
ing a smile for
every frown, a
cheery word for
every cross one,
and lending a
helping hand to
the unfortunate, is
after all, the best
of missionaries"

THE world is all
too sad for tears,
I would not weep,
not I,
But smile along my
life's short road,
Until I, smiling, die.

The little flowers
breathe sweet-
ness out
Through all the
dewy night;
Should I more chur-
lish be than they,
And plain for
constant light?

SCATTER SUNSHINE

HERE'S enough of shadow along life's way,
Enough of sorrow and want and woe,
So the thing to do is, be brave and true
And scatter sunshine where'er you go.

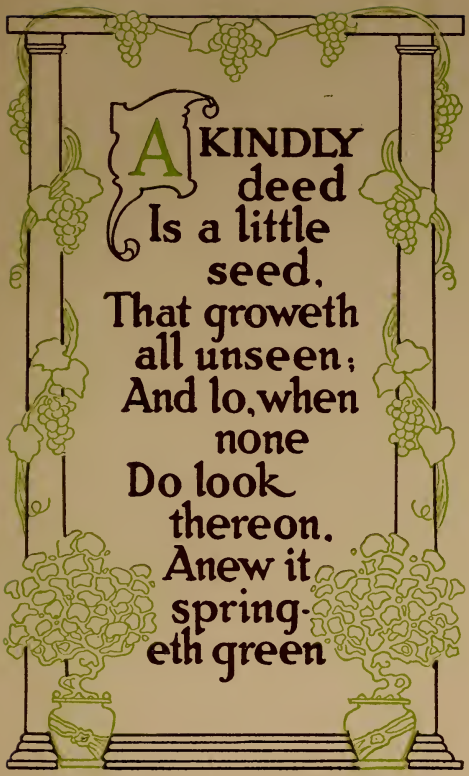

I will strive to raise my own body and soul daily into all the higher powers of duty and happiness, not in rivalship or contention with others but for the help delight and honor of others and for the joy and peace of my own life
John Ruskin

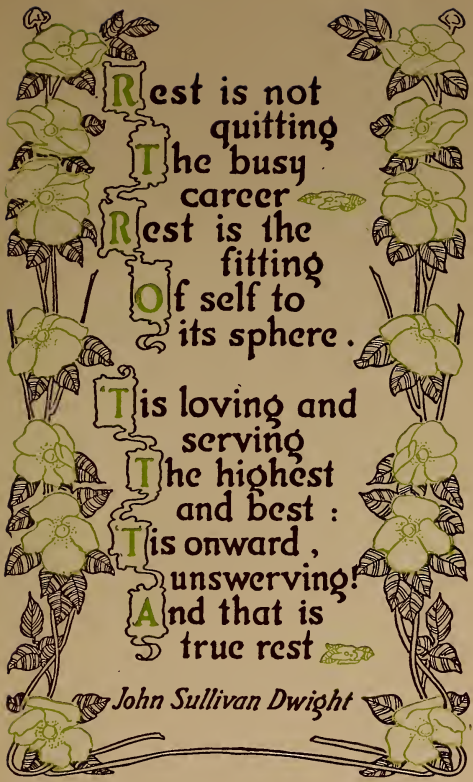
AS my life to-day has been determined by the way I lived my yesterday so my to-morrow is being determined by the way I live my to-day

— RALPH WALDO TRINE

GOOD deed is never lost ⊠ He who sows courtesy, reaps friendship ⊠ and he who plants kindness, gathers love. ⊠

RICHARD BROOKS


A KINDLY
deed
Is a little
seed,
That groweth
all unseen;
And lo, when
none
Do look
thereon,
Anew it
spring-
eth green


Rest is not
quitting
The busy
career
Rest is the
fitting
Of self to
its sphere.
'Tis loving and
serving
The highest
and best:
'Tis onward,
unswerving!
And that is
true rest
John Sullivan Dwight

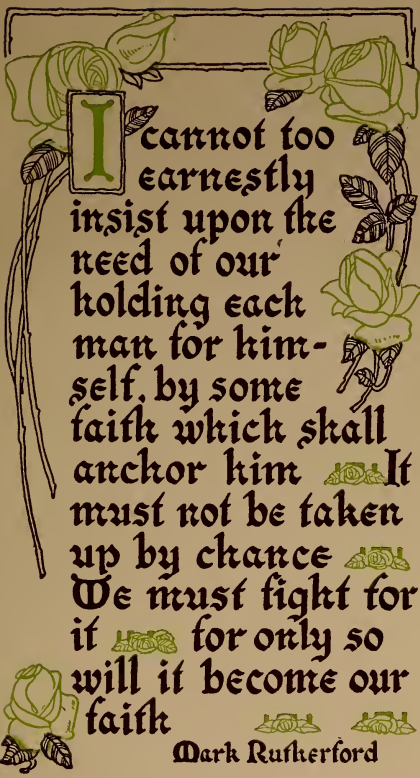
FOR life is
the mirror of
king and slave.
'Tis just what
you are and do;
Then give to
the world the
best you have,
And the best
will come back
to you

Madeline S. Bridges

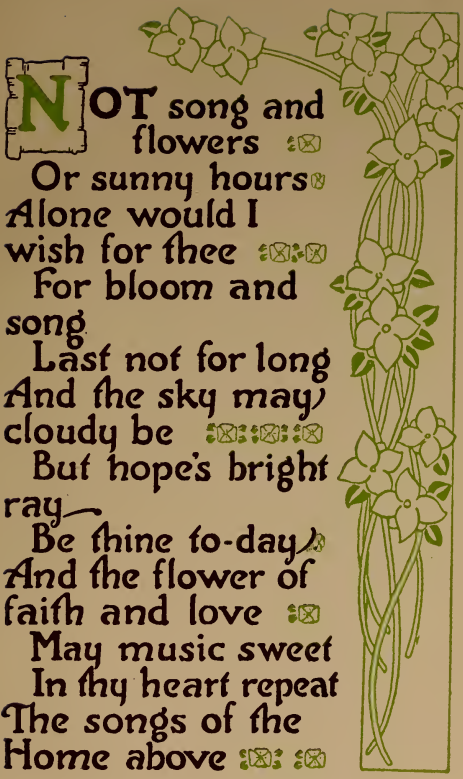
Beside the Home fire's
cheerful glow
May mirth and joy thy-
comrades be
And even churlish winter
show
A smiling face to thee

May life no gloomy-
side reveal
But all this bright year-
through
Good fortune spin her-
shining wheel
Right merrily for you

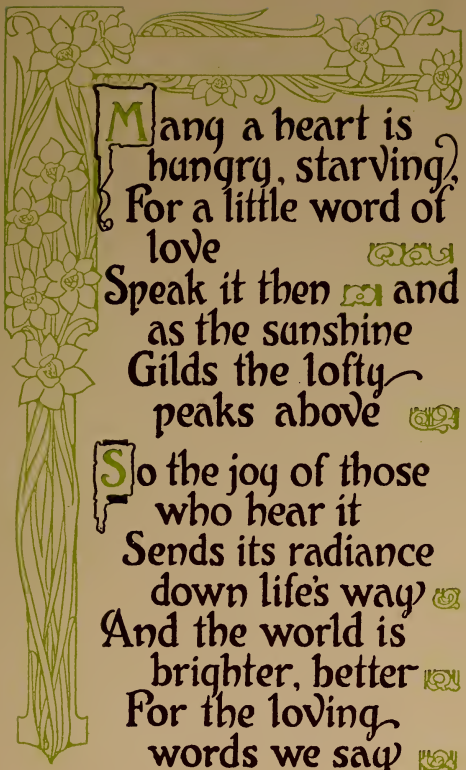
EVERY day
is a fresh
beginning
Every morn is
the world made
new
You who are
weary of sorrow
and sinning
Here is a
beautiful hope
for you —
A hope for me,
and a hope
for you

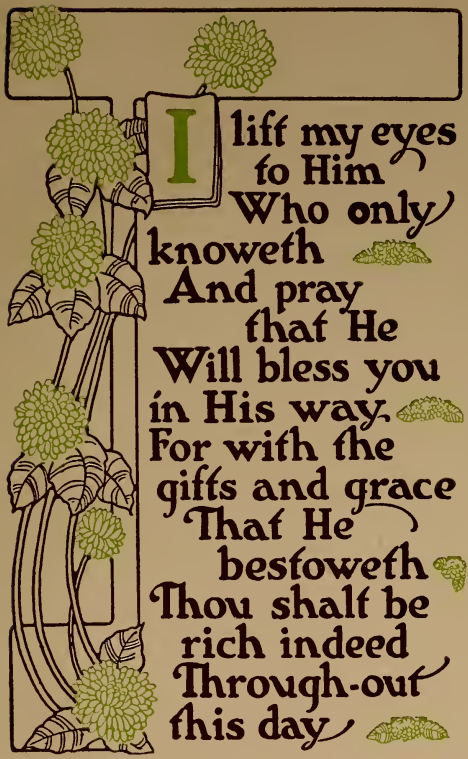

I cannot too earnestly insist upon the need of our holding each man for himself, by some faith which shall anchor him It must not be taken up by chance We must fight for it for only so will it become our faith
Mark Rutherford

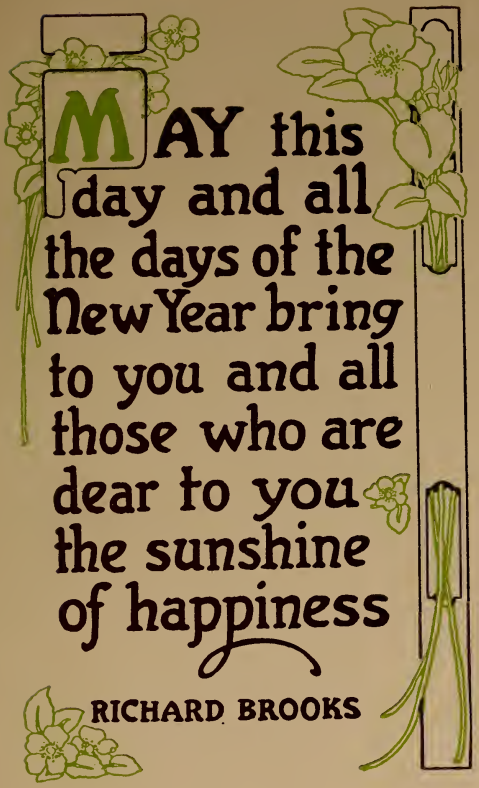
COURAGE, brother! do not stumble
Though thy path be dark as night
There's a star to guide the humble
"Trust in God, and do the right."
Though the road be long and dreary
And its ending out of sight
Foot it bravely — strong or weary
"Trust in God, and do the right."



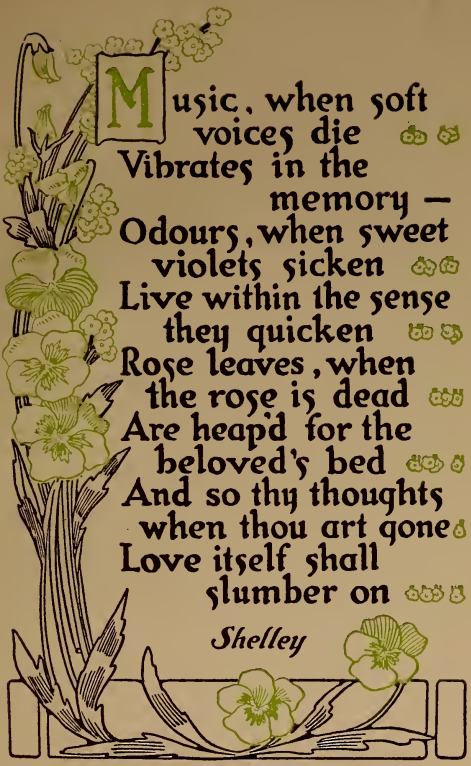
NOT song and flowers
Or sunny hours
Alone would I wish for thee
For bloom and song
Last not for long
And the sky may cloudy be
But hope's bright ray
Be thine to-day
And the flower of faith and love
May music sweet
In thy heart repeat
The songs of the Home above


Many a heart is
hungry, starving,
For a little word of
love
Speak it then and
as the sunshine
Gilds the lofty
peaks above
So the joy of those
who hear it
Sends its radiance
down life's way
And the world is
brighter, better
For the loving
words we say


I lift my eyes
to Him
Who only
knoweth
And pray
that He
Will bless you
in His way.
For with the
gifts and grace
That He
bestoweth
Thou shalt be
rich indeed
Through-out
this day


MAY this day and all the days of the New Year bring to you and all those who are dear to you the sunshine of happiness
RICHARD BROOKS

JOY and prosperity
Happiness
peace
Of these I wish
thee
A blessed
increase
I bear you in
memory
This Yuletide
and say
"God bless you and
grant you
A bright
Christmas day"

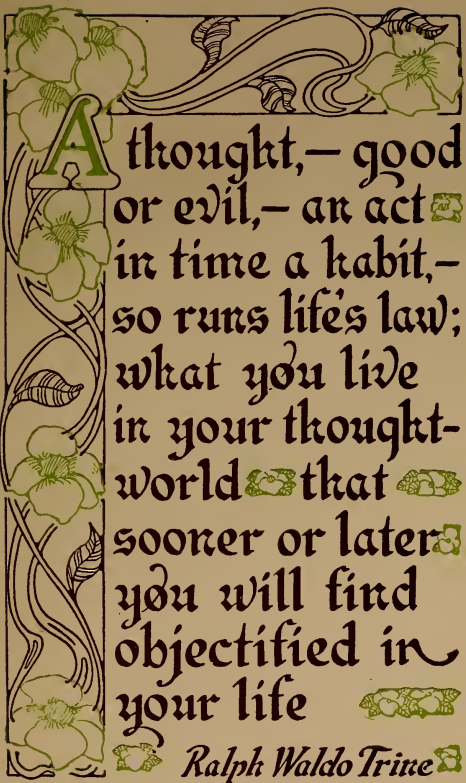

Music, when soft
voices die
Vibrates in the
memory —
Odours, when sweet
violets sicken
Live within the sense
they quicken
Rose leaves, when
the rose is dead
Are heap'd for the
beloved's bed
And so thy thoughts
when thou art gone
Love itself shall
slumber on
Shelley

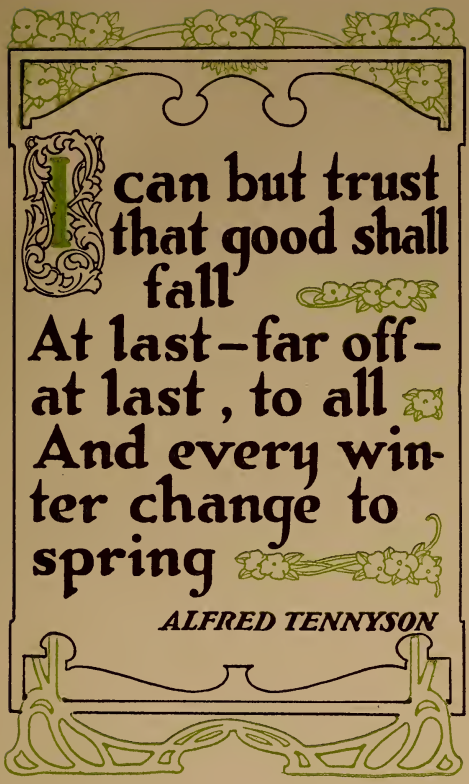
KINDLY words, sympathising attentions, watchfulness against wounding mens' sensitiveness — these cost very little but they are priceless in their value

F.W. Robertson

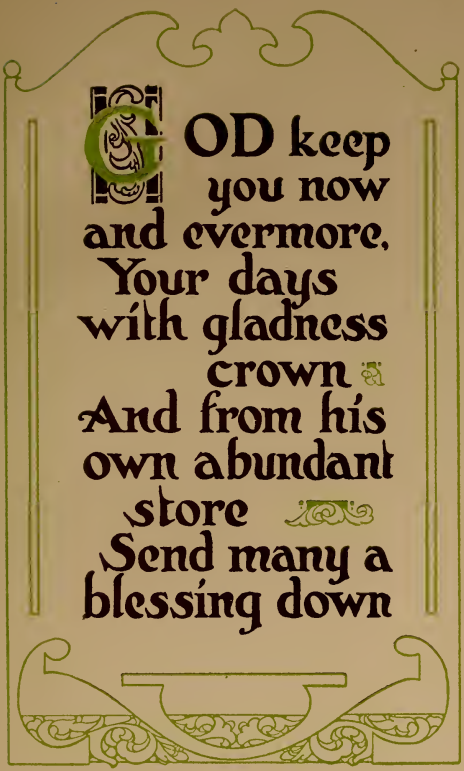
IT is not what the best men do, but what they are, that constitutes their truest benefaction to their fellow-men Certainly, in our own little sphere, it is not the most active people to whom we owe the most It is the lives like the stars, which simply pour down on us the calm light of their bright and faithful being up to which we look, and out of which we gather the deepest calm and courage.

Phillips Brooks.


A thought,— good
or evil,— an act
in time a habit,—
so runs life's law;
what you live
in your thought-
world that
sooner or later
you will find
objectified in
your life
Ralph Waldo Trine


I can but trust that good shall fall
At last—far off—at last, to all
And every winter change to spring
ALFRED TENNYSON

I would not have
a cloud arise
I would not have
a shadow stray
Upon the bright-
ness of thy skies,
Across the sun-
shine on thy way
May dear hands
scatter flowers
for thee
May God thy every
effort bless
And each returning
season be
A stepping stone to
happiness


GOD keep
you now
and evermore.
Your days
with gladness
crown
And from his
own abundant
store
Send many a
blessing down

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